Mindfulness in the Classroom

5-10 minutes

Breath:

I am going to ring this bell. Every time we hear the bell ring, it will remind us to take a deep breath in through our nose and a long breath out through our mouth. Let's all try that together. (Ring the bell three times, allowing enough time for each inhale and exhale.)

When we breathe deeply, we can start to calm down our body.

Mindful Movement:

Choose a yoga pose, breath or mindfulness card activity to teach the children. For example:

Butterfly breath: Everyone sit up tall, criss-cross apple sauce. Pull the top of your head to the ceiling to lengthen your spine. Bring the bottoms of your feet to touch and grab your toes, butterfly pose. Slowly, bring your knees up as you take a deep breath in. Slowly, bring your knees down as you breath all the air out. Let's try that 3 times.

How do you feel after taking deep breaths? Do you feel calm, relaxed, ready to learn? You can take these breaths whenever you need to calm your body down if you are upset or anxious.